

# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is

## plums



### Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of plums is a good source\* of vitamin C. A ½ cup of plums is about one medium plum. Vitamin C helps your body heal cuts and wounds and helps lower your risk of infection.

\*Good sources provide 10-19% Daily Value.

### Healthy Serving Ideas

Plums do not need any preparation—just wash and eat!



Add sliced plums to a green salad.†



Blend chopped plums with lowfat milk and crushed ice for a refreshing drink.



### Shopper's Tips

- Look for plums that feel plump, smooth, and slightly firm.
- Keep ripe plums in the refrigerator for up to three days.
- Put firm plums in a paper bag at room temperature until ripe.

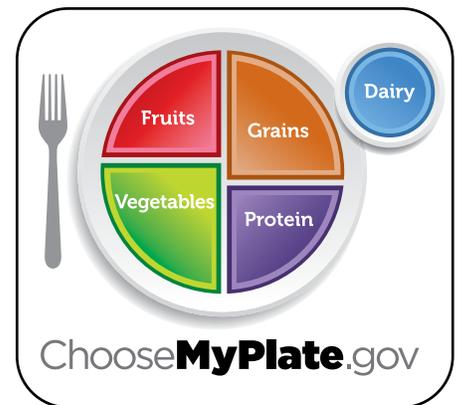
### Let's Get Physical!

With warm weather, it is important to drink plenty of water while being active! Drink water before, during, and after physical activity. Remember to warm up and cool down to lower your risk of injury.

### How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:  
[www.CaChampionsForChange.net](http://www.CaChampionsForChange.net)

†Photography courtesy of the California Tree Fruit Agreement.